



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 15028, Fish, flatfish (flounder and sole species), raw

Report Date: June 25, 2017 18:45 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	84.63	--	0.806	82.48	86.32	3.0	82.06	87.191	1	Analytical or derived from analytical	--	07/2010
Energy	kcal	70	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Energy	kJ	294	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Protein ¹	g	12.41	--	1.031	10.63	15.13	3.0	9.124	15.688	1	Analytical or derived from analytical	--	07/2010
Total lipid (fat) ¹	g	1.93	--	0.431	0.98	3.06	3.0	0.556	3.296	1	Analytical or derived from analytical	--	07/2010
Ash ¹	g	1.22	--	0.089	1	1.44	3.0	0.931	1.499	1	Analytical or derived from analytical	--	07/2010
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Sugars, total ¹	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Sucrose ¹	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ¹	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Fructose ¹	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Lactose ¹	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Maltose ¹	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Galactose ¹	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Starch ¹	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Minerals													
Calcium, Ca ¹	mg	21	--	3.687	13	31	3.0	8.918	32.382	1	Analytical or derived from analytical	--	07/2010
Iron, Fe ¹	mg	0.18	--	0.020	0.13	0.22	3.0	0.119	0.249	1	Analytical or derived from analytical	--	07/2010
Magnesium, Mg ¹	mg	18	--	2.222	12	22	3.0	11.228	25.372	1	Analytical or derived from analytical	--	07/2010
Phosphorus, P ¹	mg	252	--	31.066	195	330	3.0	152.635	350.365	1	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K 1	mg	160	--	37.627	67	230	3.0	40.178	279.672	1	Analytical or derived from analytical	--	07/2010
Sodium, Na 1 a	mg	296	--	51.370	179	429	3.0	132.017	458.983	1	Analytical or derived from analytical	--	07/2010
Zinc, Zn 1	mg	0.32	--	0.011	0.31	0.35	3.0	0.286	0.354	1	Analytical or derived from analytical	--	07/2010
Copper, Cu 1	mg	0.019	--	0.000	0.02	0.02	--	--	--	1	Analytical or derived from analytical	--	07/2010
Manganese, Mn 1	mg	0.014	--	0.003	0.01	0.02	3.0	0.005	0.022	1	Analytical or derived from analytical	--	07/2010
Selenium, Se 1	µg	26.6	--	4.243	20.5	38.5	3.0	13.047	40.053	1	Analytical or derived from analytical	--	07/2010
Vitamins													
Vitamin C, total ascorbic acid 1	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Thiamin 1	mg	0.022	--	0.004	0.01	0.03	3.0	0.008	0.036	1	Analytical or derived from analytical	--	07/2010
Riboflavin 1	mg	0.020	--	0.000	0.02	0.02	--	--	--	1	Analytical or derived from analytical	--	07/2010
Niacin 1	mg	1.040	--	0.204	0.69	1.57	3.0	0.391	1.689	1	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid ¹	mg	0.185	--	--	0.13	0.24	1.0	--	--	1	Analytical or derived from analytical	--	07/2010
Vitamin B-6 ¹	mg	0.098	--	0.004	0.09	0.11	3.0	0.086	0.11	1	Analytical or derived from analytical	--	07/2010
Folate, total ¹	µg	5	--	1.764	2	8	2.0	-2.256	12.922	1	Analytical or derived from analytical	--	07/2010
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food ¹	µg	5	--	1.764	2	8	2.0	-2.256	12.922	1	Analytical or derived from analytical	--	07/2010
Folate, DFE	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Choline, total	mg	65.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin B-12 ¹	µg	1.13	--	0.063	1	1.3	3.0	0.925	1.325	1	Analytical or derived from analytical	--	07/2010
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Retinol	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin A, IU	IU	33	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin E (alpha-tocopherol) ¹	mg	0.63	--	0.126	0.35	0.89	3.0	0.228	1.032	1	Analytical or derived from analytical	--	07/2010
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta ¹	mg	0.01	--	0.008	0	0.03	3.0	-0.011	0.036	1	Analytical or derived from analytical	--	07/2010
Tocopherol, gamma ¹	mg	0.01	--	0.008	0	0.03	3.0	-0.016	0.031	1	Analytical or derived from analytical	--	07/2010
Tocopherol, delta ¹	mg	0.26	--	0.131	0	0.55	3.0	-0.158	0.678	1	Analytical or derived from analytical	--	07/2010
Vitamin D (D2 + D3) ¹	µg	2.8	--	0.506	0.4	6.6	10.0	1.704	3.958	1	Analytical or derived from analytical	--	07/2010
Vitamin D3 (cholecalciferol) ¹	µg	2.8	--	0.506	0.4	6.6	10.0	1.704	3.958	1	Analytical or derived from analytical	--	07/2010
Vitamin D ¹	IU	113	--	20.232	18	265	10.0	68.321	158.479	1	Analytical or derived from analytical	--	07/2010
Vitamin K (phylloquinone) ¹	µg	0.1	--	0.050	0	0.2	3.0	-0.109	0.209	1	Analytical or derived from analytical	--	07/2010
Lipids													
Fatty acids, total saturated	g	0.441	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
8:0 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
10:0 ¹	g	0.003	--	0.000	0	0	3.0	0.002	0.004	1	Analytical or derived from analytical	--	07/2010
12:0 ¹	g	0.006	--	0.001	0	0.01	3.0	0.003	0.01	1	Analytical or derived from analytical	--	07/2010
14:0 ¹	g	0.087	--	0.027	0.03	0.16	3.0	--	0.173	1	Analytical or derived from analytical	--	07/2010
15:0 ¹	g	0.007	--	0.001	0.01	0.01	3.0	0.003	0.01	1	Analytical or derived from analytical	--	07/2010
16:0 ¹	g	0.282	--	0.078	0.12	0.49	3.0	0.033	0.53	1	Analytical or derived from analytical	--	07/2010
17:0 ¹	g	0.003	--	0.000	0	0	3.0	0.002	0.004	1	Analytical or derived from analytical	--	07/2010
18:0 ¹	g	0.053	--	0.006	0.04	0.07	3.0	0.035	0.07	1	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:0 1	g	0.001	--	0.000	0	0	3.0	-0.001	0.002	1	Analytical or derived from analytical	--	07/2010
22:0 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
24:0 1	g	0.001	--	0.000	0	0	3.0	--	0.001	1	Analytical or derived from analytical	--	07/2010
Fatty acids, total monounsaturated	g	0.535	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
14:1 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
15:1 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
16:1 undifferentiated 1	g	0.090	--	0.029	0.04	0.17	3.0	-0.001	0.182	1	Analytical or derived from analytical	--	07/2010
16:1 c 1	g	0.088	--	0.028	0.04	0.17	3.0	-0.001	0.177	1	Analytical or derived from analytical	--	07/2010
16:1 t 1	g	0.002	--	0.001	0	0	3.0	-0.001	0.005	1	Analytical or derived from analytical	--	07/2010
17:1 1	g	0.027	--	0.008	0.01	0.05	3.0	--	0.053	1	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated ¹	g	0.358	--	0.111	0.13	0.66	3.0	0.004	0.711	1	Analytical or derived from analytical	--	07/2010
18:1 c ¹	g	0.350	--	0.111	0.12	0.65	3.0	-0.003	0.703	1	Analytical or derived from analytical	--	07/2010
18:1 t ¹	g	0.007	--	0.001	0.01	0.01	3.0	0.004	0.011	1	Analytical or derived from analytical	--	07/2010
20:1 ¹	g	0.060	--	0.017	0.01	0.09	3.0	0.005	0.114	1	Analytical or derived from analytical	--	07/2010
22:1 undifferentiated ¹	g	0.001	--	0.001	0	0	3.0	-0.002	0.003	1	Analytical or derived from analytical	--	07/2010
22:1 c ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
22:1 t ¹	g	0.001	--	0.001	0	0	3.0	-0.002	0.003	1	Analytical or derived from analytical	--	07/2010
24:1 c ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
Fatty acids, total polyunsaturated	g	0.374	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
18:2 undifferentiated ¹	g	0.045	--	0.006	0.03	0.06	3.0	0.027	0.062	1	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 n-6 c,c ¹	g	0.043	--	0.005	0.03	0.05	3.0	0.028	0.059	1	Analytical or derived from analytical	--	07/2010
18:2 CLAs ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
18:2 t not further defined ¹	g	0.001	--	0.001	0	0	3.0	-0.002	0.004	1	Analytical or derived from analytical	--	07/2010
18:3 undifferentiated ¹	g	0.017	--	0.004	0.01	0.03	3.0	0.006	0.029	1	Analytical or derived from analytical	--	07/2010
18:3 n-3 c,c,c (ALA) ¹	g	0.017	--	0.003	0.01	0.03	3.0	0.007	0.027	1	Analytical or derived from analytical	--	07/2010
18:3 n-6 c,c,c ¹	g	0.001	--	0.001	0	0	3.0	-0.001	0.002	1	Analytical or derived from analytical	--	07/2010
18:4 ¹	g	0.012	--	0.004	0	0.02	3.0	-0.002	0.026	1	Analytical or derived from analytical	--	07/2010
20:2 n-6 c,c ¹	g	0.005	--	0.001	0	0.01	3.0	0.002	0.008	1	Analytical or derived from analytical	--	07/2010
20:3 undifferentiated ¹	g	0.007	--	0.001	0.01	0.01	3.0	0.004	0.011	1	Analytical or derived from analytical	--	07/2010
20:3 n-6 ¹	g	0.002	--	0.001	0	0	3.0	--	0.005	1	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 undifferentiated ¹	g	0.015	--	0.001	0.01	0.02	3.0	0.011	0.019	1	Analytical or derived from analytical	--	07/2010
20:5 n-3 (EPA) ¹	g	0.137	--	0.034	0.09	0.24	3.0	0.029	0.244	1	Analytical or derived from analytical	--	07/2010
22:4 ¹	g	0.001	--	0.001	0	0	3.0	-0.001	0.004	1	Analytical or derived from analytical	--	07/2010
22:5 n-3 (DPA) ¹	g	0.028	--	0.004	0.02	0.04	3.0	0.013	0.042	1	Analytical or derived from analytical	--	07/2010
22:6 n-3 (DHA) ¹	g	0.108	--	0.012	0.08	0.14	3.0	0.07	0.145	1	Analytical or derived from analytical	--	07/2010
Fatty acids, total trans	g	0.011	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Fatty acids, total trans-monoenoic	g	0.010	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Cholesterol ¹	mg	45	--	2.084	42	51	3.0	38.692	51.958	1	Analytical or derived from analytical	--	07/2010
Amino Acids													
Tryptophan ¹	g	0.161	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Threonine ¹	g	0.585	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Isoleucine ¹	g	0.614	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Leucine 1	g	1.087	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Lysine 1	g	1.270	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Methionine 1	g	0.455	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Cystine 1	g	0.149	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Phenylalanine 1	g	0.508	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Tyrosine 1	g	0.479	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Valine 1	g	0.651	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Arginine 1	g	0.895	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Histidine 1	g	0.304	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Alanine 1	g	0.771	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Aspartic acid ¹	g	1.382	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Glutamic acid ¹	g	2.127	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Glycine ¹	g	0.640	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Proline ¹	g	0.487	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Serine ¹	g	0.579	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11e, 2007 Beltsville MD

Footnotes

^a Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 81 mg sodium/100g.